



Children's Mental Health Screener

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WHAT IS THE CMH SCREENER?

The CMH Screener is based on the Idaho CMH CANS (Idaho's version of the Child and Adolescent Needs and Strengths).

- The CANS is not a diagnostic tool. Instead, it allows for the effective communication of a shared vision.

It is a tool used to support the transformation of children's mental health (CMH) services in Idaho. As part of the new System of Care for children's mental health, the screener plays an important role in Idaho's Youth Empowerment Services (YES).

The CMH Screener is designed to help providers identify unmet mental health needs, and to link families to further assessment and treatment. It should be used when a practitioner suspects mental health concerns.

It is available in a printable paper version and an online version at www.IdahoCMHScreener.com



WHY USE THE CMH SCREENER?



The CMH Screener was specifically designed for practitioners in a non-mental health setting.

The CMH Screening tool is much shorter than the CMH CANS, and can be completed anywhere.

Certification for the screener is **NOT** required

It is easy to learn and has an excellent national, and international reputation among providers and other partners in the services system because it is easy to understand and act upon.

Early identification of mental health needs, when treated, leads to better outcomes.





WHAT IS THE CMH REFERENCE GUIDE?

The CMH Screening Form Reference Guide contains symptom and ratings descriptions for each CMH Screener item. It also contains helpful "questions to consider" to assist when rating an item.

[CMH Screener Reference Guide](#)

Use the Reference Guide in conjunction with the CMH Screener form.

HOW TO ADMINISTER THE CMH SCREENER

Review the
CANS
Screener
Reference
Guide.

Understand
how the
needs items
are rated.

Work
together with
the
child/youth,
family and
other
stakeholders
to build
consensus
regarding the
given rating.

Consider any
existing
information
that may have
been collected.

Ask open-
ended
questions to fill
in information.

Complete the
CANS
Screener form
with the child /
family and
stakeholders


Discuss the
ratings and
outcome with
the child and/or
family



IDENTIFYING NEEDS

- The CMH Screener is divided into **Domains**:
 - Behavioral/Emotional Needs
 - Life Functioning Domain
 - Risk Behavior Domain
 - Caregiver Resources and Needs.
- Each domain is then divided into **Core Items**, such as Anxiety, Family and Anger Control.
- Each of these core items, is given a rating from 0-3, based on the level of need of the defined Core Item in the CMH Screener Reference Guide.
- The CMH Screener is given a final total rating. This total rating will inform providers and the family regarding the need to pursue mental health treatment options.

LEVEL OF NEED



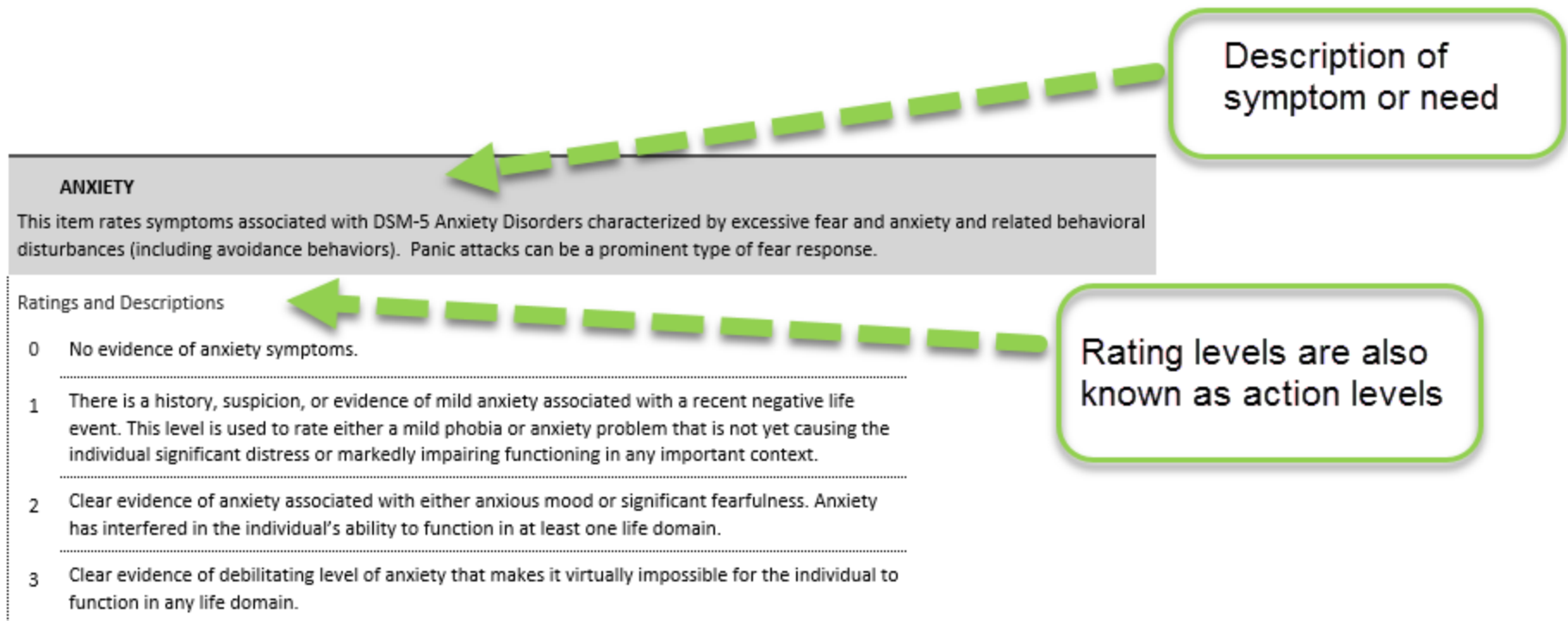
The level of need is determined in conjunction with the appropriate action level.

- Example: If a need is identified, but it is not interfering with level of functioning, the need should be monitored (Watchful waiting/prevention/additional assessment). A rating of 1 would be given.
- Example: Is the need interfering with functioning? If YES, this would mean the need requires a therapeutic action or intervention (Action/intervention required). A rating of 2 would be given.
- Example: Is the need dangerous or disabling? If YES, this would mean the need requires immediate action or intervention. A rating of 3 would be given.

Rating	Level of Need	Appropriate Action
0	No evidence of need	No action needed
1	Significant history or possible need that is not interfering with functioning	Watchful waiting/prevention/additional assessment
2	Need interferes with functioning	Action/intervention required
3	Need is dangerous or disabling	Immediate action/Intensive action required



RATING CORE ITEMS



ANXIETY

This item rates symptoms associated with DSM-5 Anxiety Disorders characterized by excessive fear and anxiety and related behavioral disturbances (including avoidance behaviors). Panic attacks can be a prominent type of fear response.

Ratings and Descriptions

0	No evidence of anxiety symptoms.
1	There is a history, suspicion, or evidence of mild anxiety associated with a recent negative life event. This level is used to rate either a mild phobia or anxiety problem that is not yet causing the individual significant distress or markedly impairing functioning in any important context.
2	Clear evidence of anxiety associated with either anxious mood or significant fearfulness. Anxiety has interfered in the individual's ability to function in at least one life domain.
3	Clear evidence of debilitating level of anxiety that makes it virtually impossible for the individual to function in any life domain.

Description of symptom or need

Rating levels are also known as action levels

UNDERSTANDING LEVEL OF NEED AND RATING

Rating	Level of Need	Appropriate Action
0	No evidence of need	No action needed
1	Significant history or possible need that is not interfering with functioning	Watchful waiting/prevention/additional assessment
2	Need interferes with functioning	Action/intervention required
3	Need is dangerous or disabling	Immediate action/Intensive action required

59. ANXIETY

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Questions to Consider

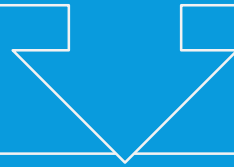
- Does the individual have any problems with excessive fearfulness, nervousness, or avoidance behaviors?
- Does the individual appear frightened or afraid?

Ratings and Descriptions

- | | |
|---|---|
| 0 | No evidence of anxiety symptoms. |
| 1 | There is a history, suspicion, or evidence of mild anxiety associated with a recent negative life event. This level is used to rate either a mild phobia or anxiety problem that is not yet causing the individual significant distress or markedly impairing functioning in any important context. |
| 2 | Clear evidence of anxiety associated with either anxious mood or significant fearfulness. Anxiety has interfered in the individual's ability to function in at least one life domain. |
| 3 | Clear evidence of debilitating level of anxiety that makes it virtually impossible for the individual to function in any life domain. |

QUESTIONS TO CONSIDER

Each core item contains “Questions to Consider” in the CMH Screener Reference Guide. These questions can assist in determining the level of rating.



Example:

Anxiety: Questions to consider

Does the individual have any problems with anxiety or fearfulness?

Is the individual avoiding normal activities out of fear?.

Does the individual act frightened or afraid?



RATINGS CALCULATION

If you completed the paper copy of the CMH Screener you will need to manually calculate the total rating by using the guidelines on the following slides.

The online CMH Screener automatically calculates the rating for you.





RATINGS CALCULATION

A. Did you rate the child/youth “YES” in Behavioral/Emotional Needs? (YES: A rating of ‘2’ or greater or two ratings of ‘1’ or greater in the domain?)

Example: youth was rated as a ‘2’ in Mood Disturbance=YES

Youth is rated as ‘1’ in Anger Control and ‘2’ in Mood Disturbance=YES

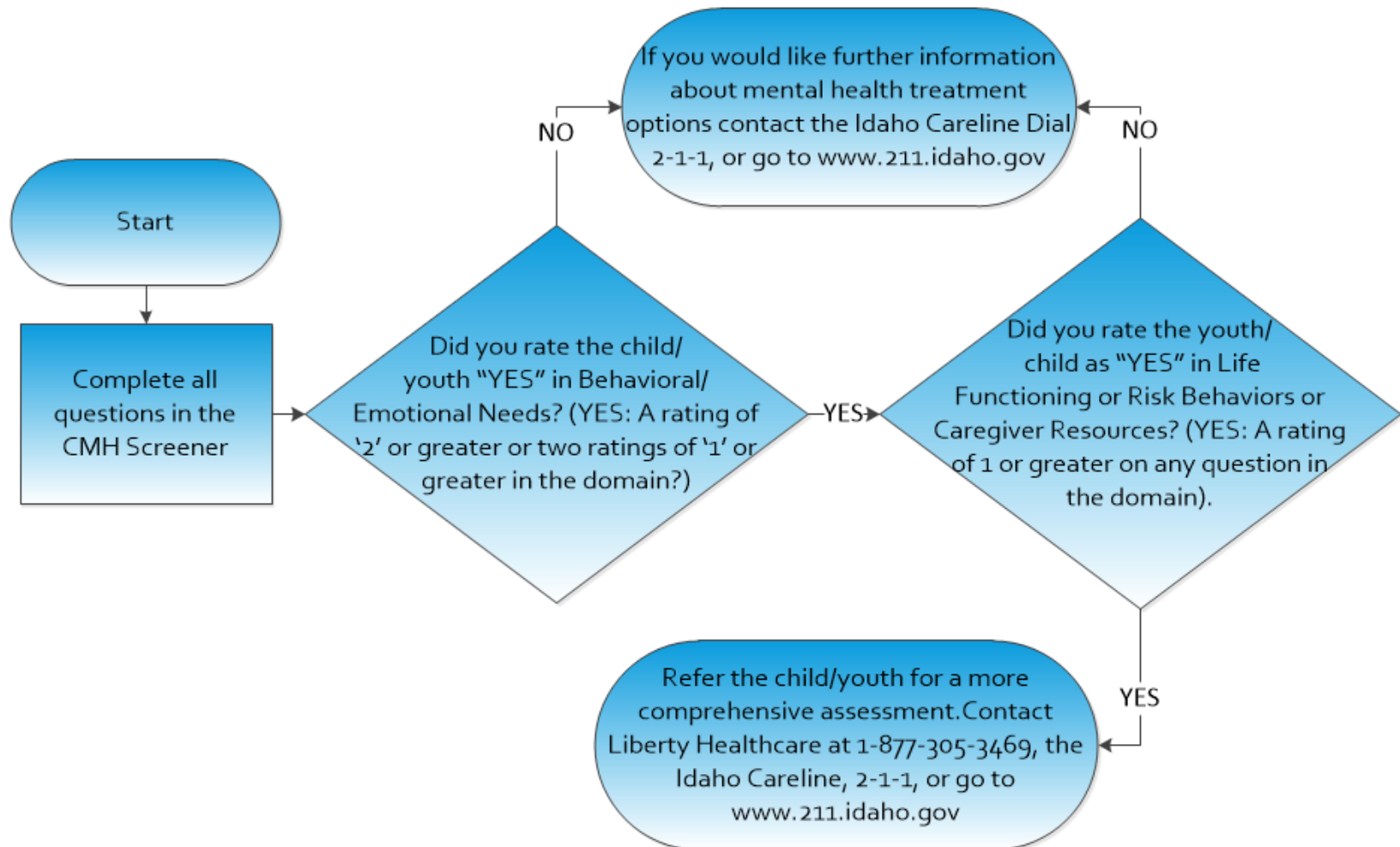
Youth is rated as ‘0’ in all areas of Behavioral/Emotional=NO

- IF “YES,” continue to question B.

B. If “YES” to question A, did you rate the youth/child as “YES” in Life Functioning or Risk Behaviors or Caregiver Resources? (YES: A rating of 1 or greater on any question in the domain).

Example: youth is rated as ‘2’ in family=YES

RATINGS CALCULATION





ACTION STEPS

If “YES” to both A and B:

- Refer the child/youth for a more comprehensive assessment:
Contact Liberty Healthcare at 1-877-305-3469, the Idaho Careline, 2-1-1, or go to www.211.idaho.gov

If “No” to either A and/or B:

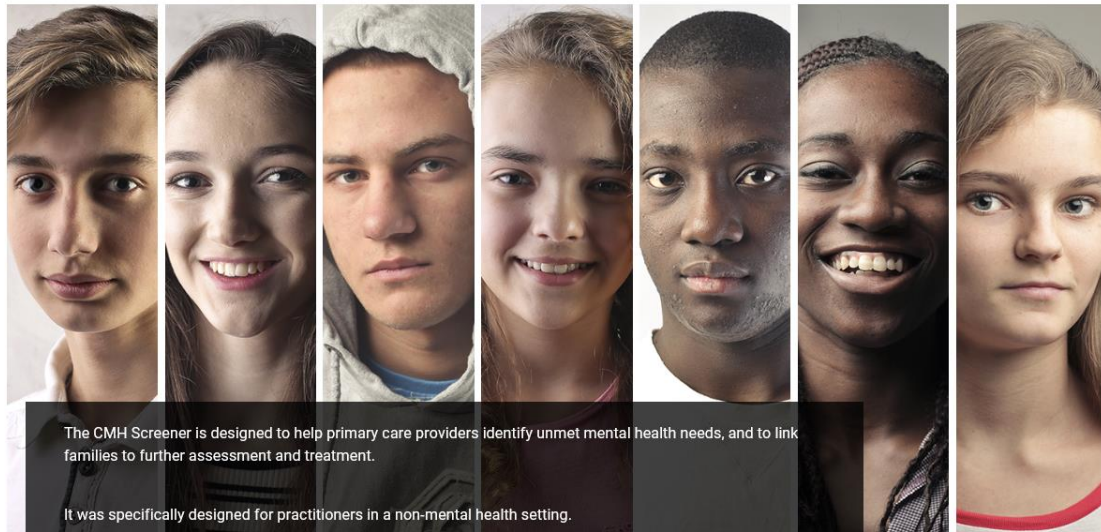
- Still have concerns? Further information about mental health treatment options is available at the Idaho Careline. Dial 2-1-1, or go to www.211.idaho.gov

USING THE ONLINE CMH SCREENER

Access the Online CMH Screener from the website:
www.IdahoCMHScreener.com and click “Let’s Get Started”

Idaho Children's Mental Health Screener
Version 1.0.0

Screening Reference Guide



The CMH Screener is designed to help primary care providers identify unmet mental health needs, and to link families to further assessment and treatment.

It was specifically designed for practitioners in a non-mental health setting.

It is based on the Child and Adolescent Needs and Strengths (CANS) tool the state is now using for assessment and treatment planning in children's mental health, but it is a much shorter tool. Certification on the CANS is not required to use the screener. Early identification of mental health needs, when treated, leads to better outcomes.

For more information dial 211 or go to
<https://youthempowermentservices.idaho.gov>

Let's Get Started

IDAHO DEPARTMENT OF
HEALTH & WELFARE



USING THE ONLINE CMH SCREENER

- The Screener will navigate through a series of questions. These questions are the same items on the paper version.
- Once you complete each question the Screener will automatically navigate you to the next question.
- Once all questions are answered, click “Submit.”
- Results will display based on your responses. The page will provide information and helpful resources to guide you on your next steps.
- You can email or print the results.
- No personal identifiable information (PII) is collected.

FOR MORE INFORMATION

Please visit youthempowermentservices.idaho.gov
for more information.

